

E.I. Skill:	(Self) Monitoring (4 of 5)	E.Q. Competency:	Self-Awareness
Team Leader:		Date:	
Head Coach:			

Definition: What is (Self) Monitoring?

- Watching yourself.
- Paying attention to your social behavior.
- Assessing your emotional state.
- Tracking the way others respond to you.
- Observing and recording your interactions with others.

**(+) Behavior Patterns:** Athletes proficient in this skill will demonstrate these behaviors.

- Watch the way they respond to social cues.
- Adjust their behavior appropriately based on context and situation.
- Pay close attention to the way others respond to them.
- Recognize immediately when they've made a mistake.
- Monitor themselves closely under stress.
- Ask for feedback frequently.

Why does (Self) Monitoring Skill matter in Athletics?

- Monitoring is a process that will help you overcome self-awareness gaps.
- Monitoring will help increase your social perception and social effectiveness skills.
- Monitoring will help you understand why you think, feel, and act the way you do. Monitoring will help you understand why others respond to you the way they do.
- Monitoring will allow you to improve your self-awareness skills more quickly.

Feedback | Notes:**Who demonstrates these behaviors:**

1. _____

2. _____

3. _____



EQ⁴ ATHLETICS

by Parrish Owen Taylor

Enhancing Human Performance

TOOLBOX TOPIC:

Self-Monitoring Skill

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Development Tips: To increase performance in this skill, apply these best practice techniques.

- Pay attention to your mood changes.
- Track your emotions for a week, record them in a journal.
- Identify both constructive and destructive thoughts that you have.
- Pay attention to the way you interact non-verbally with others.
- Observe your voice inflections and tone, gestures, and try to discern your facial expressions.
- Write the word “monitor” on a small piece of paper and place it in front of you in a meeting. This will remind you to pay more attention to the way people are responding to your emotions and non-verbal cues.
- Monitor the way you respond to different people and ask yourself why you responded in different ways.

Human Performance Tools: Athletes reduce errors when practicing these mental techniques.

INDIVIDUAL TOOLS

- Visualization Technique (task preview)
- Reflection Technique (task review)
- Questioning Attitude (good, do-better)
- Breathing Exercises (pause)
- Self-Checking (self-talk, in the moment)
- Word-Clusters (mental menu list)

WORK-TEAM TOOLS

- T.E.A. Filter
- M.E.F. Interview
- Effective Communication (personality style)
- Six Cylinder Model
- Maturity Metrics
- EQ Social-Competencies

SIGN-OFF

Name & Signature	Name & Signature